

TRICARE BENEFICIARY BULLETIN – SEPTEMBER 28, 2012 – 571 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: ANNEMARIE FELICIO REPORTS ON WOMEN'S HEALTH AND PHYSICAL FITNESS.

TRICARE RECOGNIZES THE IMPORTANCE OF REGULAR PHYSICAL ACTIVITY AND HEALTH AWARENESS FOR WOMEN AND STRONGLY ENCOURAGES WOMEN IN THE MILITARY COMMUNITY TO HAVE HEALTHY HABITS AND TAKE CONTROL OF THEIR HEALTH.

TRICARE COVERS A FULL RANGE OF PREVENTIVE SCREENINGS AND TESTS AIMED TO HELP WOMEN SAFEGUARD THEIR HEALTH. A HEALTHY LIFESTYLE INVOLVES MORE THAN STAYING UP TO DATE ON SCREENINGS. PHYSICAL FITNESS AND A HEALTHY DIET HELP YOU LIVE HEALTHIER AND LONGER, AND BOOST YOUR EMOTIONAL WELLBEING.

HERE ARE SOME STEPS WOMEN CAN TAKE TO IMPROVE THEIR PHYSICAL FITNESS AND LEAD A HEALTHIER LIFESTYLE:

- GET AT LEAST TWO HOURS AND 30 MINUTES OF MODERATE PHYSICAL ACTIVITY, ONE HOUR AND 15 MINUTES OF VIGOROUS PHYSICAL ACTIVITY OR A COMBINATION OF BOTH EACH WEEK.
- EAT A NUTRITIOUS DIET THAT EMPHASIZES FRUITS, VEGETABLES WHOLE GRAINS AND FAT-FREE OR LOW-FAT MILK AND MILK PRODUCTS.
- PAY ATTENTION TO YOUR MENTAL HEALTH, INCLUDING GETTING ENOUGH SLEEP AND MANAGING STRESS.

TRICARE OFFERS MANY PROGRAMS THAT FOCUS ON DISEASE PREVENTION AND HEALTH PROMOTION. IT IS IMPORTANT TO TALK WITH YOUR DOCTOR ABOUT RECOMMENDED SCREENINGS AND TESTS AND MAINTAINING A HEALTHY DIET AND FITNESS ROUTINE.

VISIT [TRICARE.MIL/WOMEN](https://www.tricare.mil/women) FOR MORE INFORMATION ABOUT TRICARE COVERAGE AND PROGRAMS FOR WOMEN.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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TRICARE BENEFICIARIES SHOULD BE AWARE THAT THEIR PHARMACY COVERAGE HAS SOME LIMITATIONS OUTSIDE OF THE UNITED STATES. TO FILL PRESCRIPTIONS VIA HOME DELIVERY, YOUR PRESCRIPTION MUST BE FROM A U.S.-LICENSED PROVIDER AND YOU MUST HAVE AN APO OR FPO ADDRESS. MEDICATIONS THAT REQUIRE REFRIGERATION CANNOT BE SHIPPED TO AN APO OR FPO ADDRESS.

IN ADDITION, HOME DELIVERY TO APO/FPO ADDRESSES IS SUBJECT TO LOCAL LAWS. THERE IS A CHANCE THAT PRESCRIPTION MEDICATIONS SENT TO APO/FPO ADDRESSES MAY BE SEIZED BY LOCAL NATION CUSTOMS AUTHORITIES. FOR EXAMPLE, GERMAN CUSTOMS OFFICIALS ARE ENFORCING LEGAL RESTRICTIONS ON IMPORTED ITEMS, INCLUDING PRESCRIPTION DRUGS BEING SENT THROUGH THE APO/FPO SYSTEM.

IF YOU ARE CURRENTLY GETTING YOUR PRESCRIPTION MEDICATIONS THROUGH TRICARE HOME DELIVERY OUTSIDE OF U.S. TERRITORIES OVERSEAS, PLEASE CONSIDER ALTERNATIVE MEANS TO FILL YOUR PRESCRIPTIONS. THESE INCLUDE GETTING THEM FROM THE NEAREST MILITARY TREATMENT FACILITY OR FROM A HOST NATION PHARMACY. IF YOU PURCHASE THEM FROM A LOCAL PHARMACY, YOU MUST PAY FOR THEM UP FRONT AND FILE A TRICARE CLAIM.

FOR MORE INFORMATION ON FILLING PRESCRIPTIONS OVERSEAS, VISIT [TRICARE.MIL/PHARMACY](http://TRICARE.MIL/PHARMACY).

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FINALLY: LORRAINE CWIEKA REPORTS ON THE NATIONAL PRESCRIPTION DRUG  
TAKE-BACK DAY!

THE DRUG ENFORCEMENT AGENCY SPONSORED NATIONAL PRESCRIPTION DRUG  
TAKE-BACK DAY IS THIS SATURDAY, SEPTEMBER 29, FROM 10 A.M. TO 2 P.M.  
TAKE-BACK DAY PROVIDES A VENUE FOR SAFE DISPOSAL OF PRESCRIPTION  
DRUGS THAT MIGHT OTHERWISE BE SUSCEPTIBLE TO MISUSE, ABUSE OR  
ENVIRONMENTAL CONTAMINATION.

MANY PEOPLE ARE NOT AWARE THAT MEDICINES LEFT AT HOME ARE HIGHLY  
SUSCEPTIBLE TO DIVERSION, MISUSE AND ABUSE. STUDIES SHOW THAT A  
MAJORITY OF ABUSED PRESCRIPTION DRUGS ARE OBTAINED FROM FAMILY AND  
FRIENDS, INCLUDING THE HOME MEDICINE CABINET.

THIS PROGRAM ALSO DISCOURAGES PEOPLE FROM FLUSHING DRUGS DOWN  
THEIR TOILETS. DRUGS IMPROPERLY DISPOSED OF WIND UP IN RIVERS AND  
LAKES WHERE THEY HARM AQUATIC LIFE AND CONTAMINATE THE WATER  
SUPPLY, ACCORDING TO THE ENVIRONMENTAL PROTECTION AGENCY.

PRESCRIPTION AND OVER-THE-COUNTER SOLID DOSAGE MEDICATIONS  
INCLUDING TABLETS AND CAPSULES ARE ACCEPTED. INTRA-VENOUS

SOLUTIONS, INJECTABLES AND NEEDLES WILL NOT BE ACCEPTED. ILLICIT SUBSTANCES SUCH AS MARIJUANA OR METHAMPHETAMINE ARE NOT A PART OF THIS PROGRAM.

TO FIND A COLLECTION SITE CLICK THE “COLLECTION SITE LOCATOR” LINK AT [DEADIVERSION.USDOJ.GOV/DRUG\\_DISPOSAL/TAKEBACK](http://DEADIVERSION.USDOJ.GOV/DRUG_DISPOSAL/TAKEBACK). MANY MILITARY INSTALLATIONS PARTICIPATE IN THIS EVENT, INCLUDING FORT HOOD IN TEXAS, FORT CARSON IN COLORADO, THE NAVAL MEDICAL CENTER IN SAN DIEGO AND FORT BENNING IN GEORGIA.

FOR TRICARE MANAGEMENT ACTIVITY, I’M LORRAINE CWIEKA.

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AND THAT’S TODAY’S TRICARE BENEFICIARY BULLETIN. WE’LL HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)